

**WE CLAIM:**

1. A disposable absorbent article comprising:
  - an outer cover;
  - a body side liner at least partially bonded to the outer cover; and
  - a swellable absorbent core positioned between the outer cover and the body side liner having an initial thickness ( $t_i$ ), the absorbent core swellable to a final thickness ( $t_f$ ),  $t_f \geq 3t_i$ ,wherein the disposable absorbent article has an overall absorbent capacity of about 300 g or less.
2. The disposable absorbent article of Claim 1 wherein  $t_f \geq 5t_i$ .
3. The disposable absorbent article of Claim 1 wherein the initial thickness is less than about 2.0 mm.
4. The disposable absorbent article of Claim 1 wherein the initial thickness is less than about 1.5 mm.
5. The disposable absorbent article of Claim 1 wherein the initial thickness is less than about 1.0 mm.

6. The disposable absorbent article of Claim 1 wherein the initial thickness is about 0.5 mm to about 1.0 mm.

7. The disposable absorbent article of Claim 1 wherein the absorbent article has an initial thickness less than about 3.0 mm.

8. The disposable absorbent article of Claim 1 wherein the absorbent article has an initial thickness less than about 2.5 mm.

9. The disposable absorbent article of Claim 1 wherein the absorbent article has an initial thickness less than about 2.0 mm.

10. The disposable absorbent article of Claim 1 wherein the absorbent core has a width of at least about 25 mm.

11. The disposable absorbent article of Claim 1 wherein the absorbent core has a width of at least about 50 mm.

12. The disposable absorbent article of Claim 1 wherein the absorbent core has a width of at least about 100 mm.

13. The disposable absorbent article of Claim 1 wherein the absorbent core has a length of about 25 mm to about 700 mm.

14. The disposable absorbent article of Claim 1 wherein the absorbent core has a length of about 250 mm to about 600 mm.

15. The disposable absorbent article of Claim 1 wherein the absorbent core has a length of about 300 mm to about 550 mm.

16. The disposable absorbent article of Claim 1 wherein the absorbent core has an overall absorbent capacity of at least about 100 g.

17. The disposable absorbent article of Claim 1 wherein the absorbent core has an overall absorbent capacity of about 130 g to about 200 g.

18. The disposable absorbent article of Claim 1 wherein the absorbent core has an overall absorbent capacity of about 140 g to about 180 g.

19. The disposable absorbent article of Claim 1 wherein the absorbent core comprises a high swelling absorbent material.

20. The disposable absorbent article of Claim 1 further comprising  
a surge layer placed over the absorbent core.

21. An absorbent garment comprising:  
an absorbent chassis having an outer cover and a bodyside liner which  
is connected to the outer cover in a superposed relation; and  
an absorbent core located between the outer cover and the bodyside  
liner, the absorbent core having a total absorbent capacity not greater than about three  
times an anticipated insult volume;

wherein the absorbent core is swellable upon an insult to a final wet  
thickness at least about three times greater than an initial dry thickness of the  
absorbent core.

22. The absorbent garment of Claim 21 wherein the final wet  
thickness is at least about five times greater than the initial dry thickness.

23. The absorbent garment of Claim 21 wherein the initial dry  
thickness is less than about 2.0 mm.

24. The absorbent garment of Claim 21 wherein the initial dry  
thickness is less than about 1.5 mm.

25. The absorbent garment of Claim 21 wherein the initial dry thickness is less than about 1.0 mm.

26. The absorbent garment of Claim 21 wherein the initial dry thickness is about 0.5 mm to about 1.0 mm.

27. The absorbent garment of Claim 21 wherein the initial dry thickness is about 0.60 mm to about 0.85 mm.

28. The absorbent garment of Claim 21 wherein the final wet thickness is greater than about 3.75 mm.

29. The disposable absorbent article of Claim 21 wherein the absorbent article has an initial thickness less than about 3.0 mm.

30. The disposable absorbent article of Claim 21 wherein the absorbent article has an initial thickness less than about 2.5 mm.

31. The disposable absorbent article of Claim 21 wherein the absorbent article has an initial thickness less than about 2.0 mm.

32. The disposable absorbent article of Claim 21 wherein the absorbent core has a width of at least about 25 mm.

33. The disposable absorbent article of Claim 21 wherein the absorbent core has a width of at least about 50 mm.

34. The disposable absorbent article of Claim 21 wherein the absorbent core has a width of at least about 100 mm.

35. The disposable absorbent article of Claim 21 wherein the absorbent core has a length of about 25 mm to about 700 mm.

36. The disposable absorbent article of Claim 21 wherein the absorbent core has a length of about 250 mm to about 600 mm.

37. The disposable absorbent article of Claim 21 wherein the absorbent core has a length of about 300 mm to about 550 mm.

38. The disposable absorbent article of Claim 21 wherein the absorbent core has an overall absorbent capacity of about 30 g to about 400 g.

39. The disposable absorbent article of Claim 21 wherein the absorbent core has an overall absorbent capacity of greater than about 100 g.

40. The disposable absorbent article of Claim 21 wherein the absorbent core has an overall absorbent capacity of about 130 g to about 200 g.

41. The absorbent garment of Claim 21 wherein the absorbent core comprises a high swelling absorbent material.

42. The absorbent garment of Claim 21 comprising a single insult training pant.

43. The absorbent garment of Claim 21 comprising a diaper.

44. The absorbent garment of Claim 21 comprising child training pants.

45. The absorbent garment of Claim 21 comprising an adult incontinence garment.

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46. A disposable absorbent article comprising:  
an outer cover;  
a body side liner at least partially bonded to the outer cover;  
a swellable absorbent core positioned between the outer cover and the  
body side liner having an initial thickness ( $t_i$ ), the absorbent core swellable to a final  
thickness ( $t_f$ ) whereby a void area is formed in the swellable absorbent core,  $t_f \geq 3t_i$ ,  
wherein the disposable absorbent article has an overall absorbent  
capacity of about 300 g or less.

47. The disposable absorbent article of Claim 46 wherein  $t_f \geq 5t_i$ .
48. The disposable absorbent article of Claim 46 wherein the initial  
thickness is less than about 2.0 mm.
49. The disposable absorbent article of Claim 46 wherein the initial  
thickness is less than about 1.5 mm.
50. The disposable absorbent article of Claim 46 wherein the initial  
thickness is less than about 1.0 mm.

51. The disposable absorbent article of Claim 46 wherein the initial thickness is about 0.5 mm to about 1.0 mm.

52. The disposable absorbent article of Claim 46 wherein the absorbent article has an initial thickness less than about 3.0 mm.

53. The disposable absorbent article of Claim 46 wherein the absorbent article has an initial thickness less than about 2.5 mm.

54. The disposable absorbent article of Claim 46 wherein the absorbent article has an initial thickness less than about 2.0 mm.

55. The disposable absorbent article of Claim 46 wherein the absorbent core has a width of about 100 mm to about 400 mm.

56. The disposable absorbent article of Claim 46 wherein the absorbent core has a length of about 100 mm to about 400 mm.

57. The disposable absorbent article of Claim 46 wherein the absorbent core has an overall absorbent capacity of about 130 g to about 200 g.

58. The disposable absorbent article of Claim 46 wherein the absorbent core has an overall absorbent capacity of about 140 g to about 180 g.

59. The disposable absorbent article of Claim 46 wherein the absorbent core comprises a high swelling absorbent material.

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